

Amendments to the Claims:

1. (Canceled)
2. (Canceled)
3. (Canceled)
4. (Canceled)
5. (Canceled)
6. (Canceled)
7. (Canceled)
8. (Canceled)
9. (Original) In a shoring apparatus including a shoring post for supporting a load and wherein the shoring post consists of a steel supporting member, an aluminum supported member received about an upper end portion of the supporting member, and a cast steel wing nut received about a threaded end portion of the supporting member below the supported member, a reduced friction coupling received about the supporting member between the nut and the supported member for reducing the force required to retract the nut under load, comprising two or more molybdenum disulphide filled nylon washers which reduce the force required to retract the nut under a load of up to about 10,000 pounds per square inch by between about sixty percent and about eighty percent from the force required if a single steel washer was used in place of the molybdenum disulphide filled nylon washers.
10. (Canceled)

11. (Canceled)